

Full Report (All Nutrients) 03046, Babyfood, ravioli, cheese filled, with tomato sauce

Report Date:October 27, 2015 05:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 piece 8g
Proximates						
Water	g	76.50	--	--	12.24	6.12
Energy	kcal	99	--	--	16	8
Energy	kJ	414	--	--	66	33
Protein	g	3.60	--	--	0.58	0.29
Total lipid (fat)	g	2.20	--	--	0.35	0.18
Ash	g	1.40	--	--	0.22	0.11
Carbohydrate, by difference	g	16.30	--	--	2.61	1.30
Fiber, total dietary	g	0.1	--	--	0.0	0.0
Sugars, total	g	0.59	--	--	0.09	0.05
Minerals						
Calcium, Ca	mg	54	--	--	9	4
Iron, Fe	mg	0.80	--	--	0.13	0.06
Magnesium, Mg	mg	7	--	--	1	1
Phosphorus, P	mg	56	--	--	9	4
Potassium, K	mg	32	--	--	5	3
Sodium, Na	mg	282	--	--	45	23
Zinc, Zn	mg	0.35	--	--	0.06	0.03
Copper, Cu	mg	0.040	--	--	0.006	0.003
Selenium, Se	µg	13.4	--	--	2.1	1.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.0	0.0
Thiamin	mg	0.120	--	--	0.019	0.010
Riboflavin	mg	0.140	--	--	0.022	0.011
Niacin	mg	1.650	--	--	0.264	0.132

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 piece 8g
Vitamin B-6	mg	0.090	--	--	0.014	0.007
Folate, total	µg	36	--	--	6	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	36	--	--	6	3
Folate, DFE	µg	36	--	--	6	3
Choline, total	mg	8.0	--	--	1.3	0.6
Vitamin B-12	µg	0.05	--	--	0.01	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	51	--	--	8	4
Retinol	µg	32	--	--	5	3
Carotene, beta	µg	230	--	--	37	18
Carotene, alpha	µg	2	--	--	0	0
Cryptoxanthin, beta	µg	3	--	--	0	0
Vitamin A, IU	IU	494	--	--	79	40
Lycopene	µg	1632	--	--	261	131
Lutein + zeaxanthin	µg	69	--	--	11	6
Vitamin E (alpha-tocopherol)	mg	0.42	--	--	0.07	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	1	--	--	0	0
Vitamin K (phylloquinone)	µg	9.4	--	--	1.5	0.8
Lipids						
Fatty acids, total saturated	g	0.960	--	--	0.154	0.077
4:0	g	0.051	--	--	0.008	0.004
6:0	g	0.019	--	--	0.003	0.002
8:0	g	0.012	--	--	0.002	0.001
10:0	g	0.026	--	--	0.004	0.002
12:0	g	0.028	--	--	0.004	0.002
14:0	g	0.134	--	--	0.021	0.011
16:0	g	0.494	--	--	0.079	0.040
18:0	g	0.158	--	--	0.025	0.013
Fatty acids, total monounsaturated	g	0.570	--	--	0.091	0.046
16:1 undifferentiated	g	0.039	--	--	0.006	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 piece 8g
18:1 undifferentiated	g	0.509	--	--	0.081	0.041
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.480	--	--	0.077	0.038
18:2 undifferentiated	g	0.424	--	--	0.068	0.034
18:3 undifferentiated	g	0.035	--	--	0.006	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.002	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.001	--	--	0.000	0.000
Cholesterol	mg	7	--	--	1	1
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0